

Resources for Parents

Sexuality Education for Children Who Have Special Needs

Holding On Letting Go: Sex, Sexuality and People with Learning Disabilities by John Drury, Lynne Hutchinson and Jon Wright (2000) Souvenir Press ISBN: 0285635786 Discusses general information about sexuality from the perspective of parents and professionals as well as strategies for working together on issues.

Sex, Sexuality, and the Autism Spectrum by Wendy Lawson (2005) Jessica Kingsley Publishers ISBN:1-84310-284-6 This book, written by a gay woman with autism, shares her own experiences with understanding sexuality.
<http://www.jkp.com/catalogue/index.php/cat/autism>

Sexuality: Your Sons and Daughters with Intellectual Disabilities by Karin Melberg Schweir & David Hingsburger (2000) Paul H. Brookes Publishing ISBN: 1-55766-428-5 www.pbrookes.com General information on sexuality issues and approaches for handling sexuality education in the home.

Shared Feelings: A Parent Guide to Sexuality for Children, Adolescents, and Adults Who Have a Mental Handicap by Diane Maksym (1990) The G. Allan Roeher Institute ISBN: 0-920121-91-8 www.roeher.ca/english/about/about/htm General information on sexuality issues and approaches for handling sexuality education in the home.

Talk To Me: A Personal Development Manual for Women and Girls with Down syndrome, and Their Parents by the Down Syndrome Association of NSW, Inc (1999). A curriculum designed to help parents of teens and adults with Down syndrome teach their child. A section designed to prepare parents for teaching accompanies actual worksheets that can be used during teaching sessions. Although the title insinuates females as a target audience, most of the content is relevant for males. The section designed for the young adults covers feelings, self esteem, friendships and dating, public and private, body changes, masturbation, relationships, intercourse, and sexual assault. Can be downloaded from www.dsansw.org.au/info/WomenandGirls.html

Teaching Children with Down syndrome About their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals by Terri Couwenhoven (2007) Woodbine House ISBN: 978-189062733-1 www.woodbinehouse.com . A comprehensive “how-to teach sexuality” resource that offers practical information and teaching ideas for addressing a wide variety of sexuality issues across the life span. Includes loads of “use at home” activities that are useful for teaching

about the body, privacy, relationships, and exploitation prevention. Detailed and realistic drawings that can be used for teaching are included in the appendices.

Exploitation Prevention

Just Say Know: Understanding and Reducing the Risk of Sexual Victimization of People with Developmental Disabilities by David Hingsburger (1995) Published by Diverse City Press ISBN: 1-896230-00-8 www.diverse-city.com. A great book that focuses on what can be done to prevent exploitation in individuals with developmental disabilities.

Predators, Pedophiles, Rapists, and Other Sex Offenders: Who They Are, How they Operate, and How We Can Protect Ourselves and Our Children by Anna C. Salter (2003) Published by Basic Books ISBN: 0-465-07172-4 www.amazon.com. The author interviews people who exploit and shares insights on how they work to exploit others.

Protect Your Child From Sexual Abuse: A Parent's Guide by Janie Hart-Rossi (1994) Published by Parenting Press ISBN: 943990-06-8 www.parentingpress.com. This parent book is designed to accompany the children's book *It's My Body*. The guide includes facts about sexual abuse, a guide for reading the book with your child, and nice reinforcement activities that can be taught at home.

The Gift of Fear and Other Survival Signals That Protect Us From Violence by Gavin De Becker (1997) Dell publishing ISBN: 0-440-50883-5. De Becker, a sought after crime investigator, discusses predictable patterns and behaviors frequently used by criminals and offenders. Available in any bookstore or at www.amazon.com

Protecting The Gift: Keeping Children and Teenagers Safe (and Parents Sane) by Gavin De Becker (1999) Dell publishing ISBN: 0-440-50900-9. The logical sequel to *The Gift of Fear*, this book contains many helpful ideas for parents in their role as protector and teacher. Available at any bookstore or at www.amazon.com

No More Victims : A Manual to Guide Family and Friends in Preventing the Sexual Abuse of People with a Mental Handicap (1992) Roehrer Institute www.roehrer.ca/english/about/about/htm A training manual that explore factors that put people with disabilities at risk, identifies symptoms of abuse, and discusses appropriate responses and preventative measures.

Hygiene and Self Care

Steps to Independence: Teaching Everyday Skills to Children with Special Needs by Bruce Baker and Alan Brightman (2004) Paul Brookes Publishing ISBN: 1-55766-

697-0. Includes basic template for teaching skills for self care, toilet training, home care, and managing behaviors that interfere with learning.

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by Mary Wrobel Published by Future Horizons ISBN: 1-885477-94-5 www.futurehorizons-autism.com . This book is essentially a social stories curriculum for teaching about body changes, appropriate sexual behavior, and encouraging independence with hygiene and self care. Great ideas for creating teaching tools using Boardmaker© and Picture This© picture symbol programs.

Preparing For Puberty

Before She Gets Her Period: Talking With Your Daughter About Menstruation by Jessica B. Gillooly (1998) Perspective Publishing ISBN: Designed to help parents prepare their daughters for puberty and menstruation.

Stages of Sexual Development (not specific to individuals with cognitive disabilities)

Beyond the Birds and the Bees: Fostering Your Child's Healthy Sexual Development in Today's World by Beverly Engel (1997) Pocket Books ISBN: 0-671-53570-6. A nice resource for understanding what typical sexual development looks like from birth to adolescence. Available through any bookstore or www.amazon.com

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children by Debra Haffner (2000) Newmarket Press ISBN: 1-55704-426-0. Covers stages of sexual development birth- 12. Available through any bookstore or www.amazon.com

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens by Debra Haffner (2001) Newmarket Press ISBN: 1-55704-472-4. Covers physical and psycho-sexual issues from puberty through adolescence. Available through any bookstore or www.amazon.com